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Hemorrhoids, in simple terms, are swollen veins around anus or lower part of rectum. These become piles on excessive swelling. There are two types of hemorrhoids: External and Internal with external being the more painful ones.

Symptoms

Internal hemorrhoids may cause bleeding. If you experience blood with stool, you should immediately consult the doctor. Apart from that, some other symptoms include itching throbbing pain or a lump outside anus.

Causes

Many factors are responsible for causing hemorrhoids. Some of these are as follows:

â€¢ Constipation

â€¢ Low fiber diet

â€¢ Excessive smoking or other unhealthy practices

â€¢ Genetic factors

â€¢ Pregnancy

â€¢ Aging

â€¢ Obesity

â€¢ Diarrhea

â€¢ Sedentary lifestyle

Prevention

The best thing you can do to prevent this problem is keeping stool softer which passes off easily without causing extra strain and burden. To make it happen, you need to have a proper exercise regime. Have fiber rich diet, fresh fruits plus vegetables and increase water intake. Smokers need to have a control on them. How to stop smoking? This question may haunt them but itâ€™s necessary to control this habit for sake of better Natural Health.

Though, during pregnancy, this problem may occur because fetus pressurizes the abdomen resulting in hormonal changes and enlargement of hemorrhoid vessels. These conditions get normalized after pregnancy and surgery is needed rarely.

Treatment

Treatments for this problem may be categorized as: conventional home remedies and medical procedures. If the problem is not grave, you can try out conventional methods to get rid of.

Home Remedies

Letâ€™s discuss about hemorrhoids home treatment:

Sitz Bath

Warm water imparts relief and lessens the pain. This is one of the easiest therapies to be practiced at home. You just need to sit in a tub of warm water for few minutes. Repeat this 3-4 times a day. Regular practice will soothe pain and provide you relief. Donâ€™t mix anything in water.

Herbal treatment using petroleum jelly

As per previous research studies, petroleum jelly or zinc oxide is quite effective in providing relief and reduce swelling. You just need to apply cotton ball (dabbed in petroleum jelly or zinc oxide) to swollen areas.

Psyllium seeds

As stated earlier, taking less fiber may aggravate this problem by increasing constipation and further hardening of stool. These seeds reduce pain in bowel movements. Including psyllium seeds in daily diet will lessen constipation and hemorrhoids. Take just one teaspoon with a glass of water in morning, you will feel good relief. Gradually, start taking it 3 times in a day. If you practice it, there will be no need to take fiber supplements. But, you will have to increase water intake with these seeds.

You can get these seeds easily from any herbal store or chemists.

If these methods donâ€™t work well, you should consult doctor and take medical help. Medical procedures including rubber band ligation, sclerotherapy, cautery methods and laser therapies have been proven effective in treatment. Though there are surgical methods also, they are used hardly (in case of emergencies).

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a Hemorrhoids Home Treatment is one of the most demanded products in the market. As the people are getting more aware about the a How to stop smoking they are preferring those products which donâ€™t have any side effect.

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